

Cooking Show



Grillin' and Chillin' for Heart-Healthy Thrills

July is grilling season, and these recipes prove that summer flavors can be both bold and nourishing. With lean proteins, antioxidant-rich vegetables, and heart-healthy fats, this month celebrates vitality and safe sun living. Each dish is designed to fuel long summer days while keeping wellness at the forefront.

Thursday, July 23

Noon – 1 p.m.

Register Here

Can't make it? That's okay!

Register anyway and we'll send you the recording after the show!

Questions? Contact wellness@phs.org

